



## **REGENTS LIONS ATHLETIC HANDBOOK**

“Whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To Him belong glory and dominion forever and ever. Amen” 1 Peter 4:11

## A WORD FROM THE ADMINISTRATION

Regents School of Oxford seeks to provide an athletic program that complements and enhances a student's overall growth in Christ. Athletics naturally bring about a gut check to see what a student athlete is made of physically, spiritually, and emotionally. We work hand in hand with academics to help produce a well rounded child.

1 Timothy 4:8 states that, "Physical training is of some value, but Godliness has value for all things, holding promise for both the present life and the life to come." It is through the platform of athletics that the training of Godliness can readily take place. Athletics becomes a means for God to do his purifying work, the work of sanctification in the believer. If sport is a correct priority, when at play, competitive sport will bring forth good stored up in the athlete's heart. Here at Regents, we push our athletes. We push them on the practice fields, basketball courts, in the swimming pool, and in the class rooms. Our coaches are encouragers, and they are dedicated to our athletes' success on and off the field.

Many times, within the context of sport, there is talk of character training. At RSO, that is not mere talk but a daily reality. Westminster Catechism question #1 asks, "What is the chief end of man?" The answer is "to glorify God and to enjoy him forever." Both the glorification of God and the continual enjoyment of God can be achieved through sport. Victory is not required for the glorification of God nor the enjoyment of him. In fact, there are times when pure enjoyment of God can come just as readily through a loss. So does competition matter? Absolutely! It is desirous to win; however it is not necessary to win a game to get God's approval. Win or lose how an athlete plays the game matters. At Regents we are truly dedicated to all of these things. We strive to teach our athletes these truths to prepare them to live out the gospel in a fallen world.

GO LIONS!

Britt Dickens

Head of School

Tasha Kuritz

Athletic Director

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## **RSO ATHLETIC TEAMS**

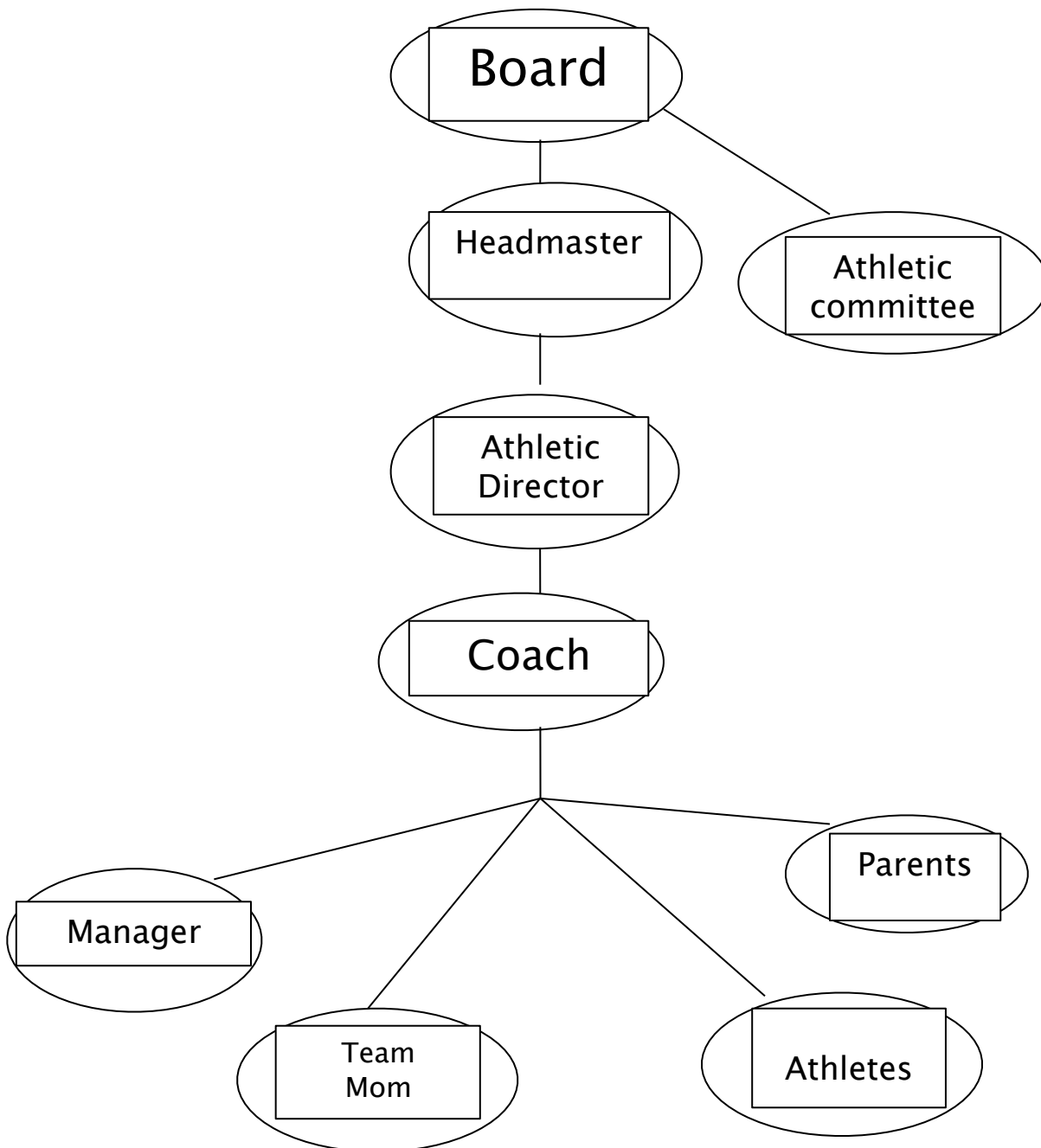
<b>Sport</b>	<b>Grade</b>	<b>In-Season</b>
Swimming	1 <sup>st</sup> -12 <sup>th</sup>	Fall
Basketball	4 <sup>th</sup> -9 <sup>th</sup>	Winter
Cross Country	4 <sup>th</sup> -9 <sup>th</sup>	Fall
Cheerleading	4 <sup>th</sup> -9 <sup>th</sup>	Fall/Winter

All RSO sports in-season start dates will be released a minimum of 2 months in advance. To see more instruction regarding athletic fees please look under financial expectations in the Parents section.

## **FEES**

RSO has set certain fees for each sport offered by the school. The amount of the fee differs for each sport and is determined based on needs for that sport, potential number of participants and available funds.

## OVERSIGHT OF THE RSO ATHLETIC DEPARTMENT



Dr. Britt Dickens, Headmaster - Office 232-1945 or e-mail [bdickens@regentsoxford.org](mailto:bdickens@regentsoxford.org)

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# **REGENTS SCHOOL OF OXFORD ATHLETIC PROGRAM**

## **“HOME OF THE LIONS”**

### **Athletic Mission Statement**

In Athletics, RSO strives to glorify Christ and to develop champions for Christ.

### **Athletic Philosophy**

We believe athletics to be an excellent vehicle to use to glorify and exemplify Christ. Our approach to athletics stems directly from God’s word. We seek to honor God, achieve excellence, and to develop the physical and spiritual life of the athlete.

### **RSO ATHLETIC PROGRAM**

Regents School of Oxford (“RSO”) believes that participation in athletics helps shape students to be confident, thoughtful, well-rounded regents of the Lord’s kingdom. Athletics at RSO will exemplify our school’s mission and athletic mission. RSO strives to be excellent in academics and athletics. We measure our success, not on winning games, but by producing well rounded students.

RSO is accredited by Mississippi Association of Independent Schools (MAIS) and participates in District 3A for all athletic events. All RSO coaches, athletes, parents and fans shall follow all RSO and MAIS rules and regulations.

RSO is governed by a board of directors (“RSO Board”) that is responsible for maintaining the integrity of the RSO Mission statement, Vision Statement and Statement of Faith in all activities sponsored by the school. The RSO Board has established an Athletic Committee to consult, aid and develop policy for athletes. Concerns and suggestions will be discussed among the Athletic Committee.

### **RELATIONSHIP TO ACADEMICS**

Athletics will never take priority over the academic program at Regents School. Athletics are committed to come along side academics and help the student become well rounded. All RSO coaches will work with our teachers to ensure that all our athletes are striving for excellence in the classroom.

### **GOALS**

Based upon our mission and philosophy our athletic department goals are:

- Excellence– programs that focus on discipleship, and nurturing the athlete’s heart. A program that is well run and well executed.

- Distinction– Our school characterizes itself as distinctly Christian. We view our athletic venues as great opportunities to display our Christian distinction. We desire that our coaches, players, and fans conduct themselves in a way that would be a positive witness to others. We will be modest in victory

and gracious in defeat. Winning should be one of our goals, but losing can many times prove to be beneficial learning opportunities.

- Success – reaching maximum potential both individually and as a team

## **GENERAL POLICIES**

### **MISSED ACADEMIC TIME FOR ATHLETICS**

There will be multiple occasions where teams will leave school early due to travel for away games. All athletes must check with their teacher in advance on what they will miss. All work is due to the teacher prior to leaving for an athletic event. If an athlete is missing a test, they must take the test before their departure.

### **SCHEDULING POLICIES**

Practices: The coach and athletic director will meet to determine the practice schedule. Every effort will be made to prevent overlap of practices. The frequency and duration of practices will be commensurate with the level of play. (See pg 11: Time Commitment) Any practices held on Wednesday will end no later than 5:00 pm. No practices will be held on Sunday. No practice will be held on days school is out except if there is a game the next day.

Games: The athletic director and headmaster will work together to compile the game, meets, and events schedules. No games will be on exam weeks or Sundays. JV schedules for games with teams in our district are set by MAIS. However, the Athletic Director may schedule additional games within the guidelines of MAIS. No more than 2 games, in 1 sport, may be held in any one-week period, unless a game is held on a Saturday and then 3 games, in 1 sport, are allowed. Only one day of major classes may be missed per week for games. No games will be played on any dates not allowed by MAIS, i.e. dates of all star games.

### **ATHLETE PARTICIPATION POLICY**

Once a student is eligible for a sport, participation will only be allowed as provided below.

- The athlete must attend school for at least four full hours on the day of the sporting event, unless such absence is excused in advance.
- Athletes ejected from a game shall not be allowed to participate in the following game.

- Ejection for a second game will result in the athlete not being allowed to participate during the following two weeks.
- Coaches and Athletic Director may determine policy participation of athletes in particular if necessary to maintain the integrity of the program. An example is coaches requiring attendance at practice in order to participate.

### **TRY-OUT POLICY**

Pee Wee athletics (Grades 4-6): Pee Wee will consist of a 4<sup>th</sup> grade development team and a 5<sup>th</sup> and 6<sup>th</sup> grade team. During this age we strive to develop an athlete's skills and abilities, for which participation is key. So that anyone that desires to learn a sport may understand the basic fundamentals of such, there will be no try outs for pee wee sports. Equal playing time is not guaranteed.

Junior Varsity athletics (Grades 7-9): At this level our goal is to improve the athletes physically and mentally. Try- outs may be held at this level at the discretion of the coach. Even after the teams are selected, not all athletes will receive equal playing time as all positions on a team are important and it is RSO's desire for athletes/ students to understand this concept.

### **LOST AND FOUND POLICY**

Coaches require athletes to be good steward of all personal articles, equipment and facilities. Should an item be lost or misplaced, it will be turned into the office and placed in the lost and found area (located between the Women and Men's restroom in the lower school).

### **WEATHER POLICY**

Any changes to published schedules due to bad weather will be sent by email to notify you. If lightening is present during an outdoor event, all parties must be moved indoors. The event can only be resumed if 30 minutes have passed since the last visual evidence of lightening. For outdoor practices, heat will be closely monitored. When possible, practices will be scheduled in the coolest parts of the day. Water and shade will be provided and practices will not be held outside in a heat index of 110° or above.

### **PLAYER INJURY POLICY**

For all injuries, you should seek your physician. At all home events, RSO will have an Athletic Trainer available to administer initial injury assessment but a physician should still be consulted. The Athletic Trainer will be certified and licensed to practice in the state of Mississippi. Our athlete's health and safety is our number one priority. Any RSO athlete who becomes concussed or unconscious for any length of time must seek immediate medical attention and does not return to play or practice until a written doctor's release is received by the Athletic Director.

## **TRAVEL AND TRANSPORTATION**

Athletes must travel in designated vehicles to games. Parents will all be notified what transportation will be provided forty eight hours prior to the game. In the Athletic Release Waiver there will be a required parent signature to allow student athlete's to:

1. Ride with an adult that is not the student-athlete's parent
2. Ride in a van or bus provided by RSO

Student travel must also follow State Laws pertaining to student travel.

## **UNIFORM RETURN POLICY**

Upon completion of your season, athletes have 1 week to return all **cleaned** uniforms and equipment to their team mom. If they do not turn in their equipment, they are not eligible to practice or play their next sport. Lost uniforms must be replaced prior to participation of the next sport.

## **HABITS OF THE SOUL GRADING POLICY**

The athletes will receive a habit of the soul grade for athletics by their coach. It will appear as an insert with the report card that immediately followed the conclusion of their sport season.

# **REQUISITES FOR PARTICIPATION**

Each Regents student-athlete desiring to participate in Regents athletics must have the following completed and signed documents on file in the athletic office before the first day of participation in any given sport:

- Acknowledgement of Athletic Handbook
- Physical Examination
- Contact and Athletic Release form
- Proof of Insurance

## **STUDENT-ATHLETES**

### **CODE OF CONDUCT**

Being a Regents athlete is a student's choice and privilege. Student-athletes shall conduct themselves in a way that brings positive recognition to God, RSO, their sport, their team, and themselves. A RSO athlete reflects the mission and identity of the school, no matter who he/she is. Athletes are expected to behave at all times with consideration for others in

thoughts, word, and deed and student-athletes must abide by the school's stated rules and any others stipulated by our coaching staff.

## **ELIGIBILITY**

Student-athletes must meet the following requirement to be eligible for any junior varsity or varsity sport at RSO. Students must meet the following requirements to participate in any sport at RSO:

- The athlete must be enrolled as a full time student.
- Athlete must have passed four academic subjects in the previous school year.
- Athlete must be enrolled in four academic subjects.
- Athlete must maintain a GPA of 2.25 overall.
- Athlete must provide the school with a physician's statement indicating the athlete's physical fitness for participation in sports prior to the first practice each school year. Unless otherwise noted by the physician, his or her statement as to the athlete's fitness is valid for all sports for one year.
- The athlete must provide the school with his or her parent's or legal guardian's written consent for participation in sports prior to the first practice each school year. Unless otherwise limited, consents are valid for all sports for one year.
- Proof of Insurance will be provided to Athletic Director.

A student athlete's eligibility will be determined every 9 weeks. An upper school student must have a GPA of 2.25 on their previous 9 week report card in order to be eligible for athletics. In lower school if anything is below satisfactory level then they will not be eligible. If a student does not meet the requirements they will be placed on probation for the next 9 weeks still being allowed to participate athletically at that time. If the student athlete fails after their probationary period they will be declared ineligible for the next 9 week period and will not be allowed to participate

## **TIME COMMITMENT**

Pee Wee(4<sup>th</sup> -6<sup>th</sup>)- Three day a week practice/game commitment and a max of 1 hour and 30 minute time limit. There are no off season workouts and no practices over school holidays.

Junior Varsity (7<sup>th</sup>-9<sup>th</sup>)- Four day a week practice/game commitment and a max of 2 hour time limit. There can be off season workouts with a max number of workouts being three days a week. No teams will have mandatory practices over school holidays with one exception- if a game is scheduled on the day immediate following a Monday holiday, practice can be held on Monday afternoon if approved by the Athletic Committee.

## **DEPARTURE FROM TEAM**

Regardless of reason once a player quits or dismissed from a team during in season play they will not be allowed to rejoin again during that season and will not get an athletic fee refund.

## **WEIGHT ROOM POLICY**

At Regents, we are very committed to the development of a child. We view workouts in the weight room as a great way to promote healthy lifestyle, activity, and improvement for our athletes. In order for a RSO athlete to enter our weight room the following must be met:

- A signed parental letter of consent that their child can be in the weight room.
- A 6<sup>th</sup> grader may enter the weight room program in the spring of their 6<sup>th</sup> grade year.
- Go through safety orientation class before entrance.
- Must be at least two coaches in the weight room.
- Never is an athlete allowed to work out by themselves.

## **OFF SEASON EXPECTATIONS**

Off season for JV athletics is viewed as a great time for instruction and improvement. Each individual coach will determine the minimum number of practices required in advance.

## **PARENTS**

Parents are the most influential figure for young athletes. Parents make the biggest impact on a student's athletic experience. Not only are they influential but they are critical to the success of our athletic programs. The Athletic Department needs parents to come along side all our teams to serve in a variety of volunteer roles throughout the year. (Team moms, spirit shop workers, concession stand workers, help with the athletic souvenir programs, admissions, statisticians, and videographers to name a few.) These are opportunities where parents can provide much needed help and have good community time between parents. We cannot be as effective without parental involvement.

The guidelines that we layout are an attempt to provide a groundwork for our combined efforts to guide your children through the challenging, yet great experience of sports.

## **PRESENCE AT GAMES, PRACTICES OR TRY-OUTS**

Our coach's classroom is the field or the court, usually with undefined walls, making it easy for parents to move close to the action. Parents should be interested, supportive observers from a distance. The coach needs room to be able to instruct and the player to perform

without distraction from the stands. Distraction only yields poor results. Cheer them on, yes!! Coach or yell at them, no!

It is important to student-athletes that, if possible, parents are present at games, both home and away. A parent's attendance tells the child that he/she cares and that they want to share in the joys and frustrations which are part of competition. It also gives parents an opportunity to develop a bond with their child and other parents, and to observe the progress made throughout the season.

Parents are allowed to come to practices but need to sit on the side. They are not to be on the field or the court during instruction.

### **PERSPECTIVE-WHY KIDS PLAY THE GAME**

Most young people play sports for these reasons: have fun, develop that natural desire to play, make new friends, be with their friends, competition, and to be part of a team. "To win" is often not at the top of the list. Athletes must hear, from parents and coaches that it is the process of competing that counts. Too much emphasis on winning and losing puts the value of sports out of context.

### **COACH AS LEADER**

Each coach is prayerfully and thoughtfully considered, recruited, interviewed and hired and therefore has the authority over our children in each given sport. Parents and student-athletes must trust that coaches try to make the best decisions for the team, as well as the individuals that make up the team. Coaches are with the team on a daily basis in practice and in competition, evaluating character and performance, and therefore will make judgment decisions based on what they feel is in the best interest of the team. Play calling, playing time, strategy, and player positions should be left to the judgment of the coach. Parents should help their child understand that being a team member means accepting their role on the team and the coach's decision.

It is also important to remember that neither coaches nor parents are infallible evaluators of talent, nor are either perfect play-callers. A team does not function well with non-coaches trying to coach. Parents should not place a child in a tough spot of having to decide who they are going to listen to, their coach or their parent. Yielding to authority is a biblical lesson that our children will learn from for years to come.

### **CONFLICT RESOLUTIONS/SUGGESTIONS**

Our coaches know that it is their responsibility to communicate often and clearly with parents. It is a goal they strive for. They are to communicate all schedule changes with parents (games, practices, trips). Communication between players and coach are very important and is often the best way for any questions to be answered or conflicts to be worked out. There will be times when a meeting between a parent and coach is warranted. Please call or e-mail the Athletic Director to arrange a convenient time for a meeting.

Hopefully the meeting will promote better understanding and communication, but the meeting should not be viewed as an opportunity to convince the coach that your child should be playing more, playing a different position, or that the coach should be employing a different strategy. Coaches will be happy to meet with you and listen. Try to exercise the 24 hour rule; wait 24 hours before placing that call or e-mail. Often our emotions get the best of us. Please remember, before or after a game(s) is never an appropriate time to approach a coach.

Parents should never contact opposing schools, officials, or the MAIS office to voice complaints over athletic contests, opposing players, coaches, fans, or officials. All concerns and/or opinions should be communicated directly with RSO' Director of Athletics.

If you have a suggestion that involves the overall Athletic Department, you may address it to the Athletic Director. If it is in reference to an individual sport, please seek that coach.

## **FINANCIAL EXPECTATIONS**

The only mandatory costs we have are athletic fees. Athletic fees must be paid before the first practice of that in season sport. The athlete will not be allowed to participate until the fee is paid. All fees are to be turned into our Office Manager Cindy Cannon in the front office. Payment of fees does not suggest that the athlete owns the equipment issued. The equipment belongs to the school and the athlete will be notified what they are allowed to keep.

**Fees.** RSO has set certain fees for each sport offered by the school. The amount of the fee differs for each sport and is determined based on needs for that sport, potential number of participants and available funds. These fees may change from year to year.

## **COACHES**

As we strive for a God-centered successful program we know that starts with quality coaches. We believe coaches are one of the most significant components to the athletic program and therefore seek to hire Christian role models who are committed to fulfilling the mission of the school, desire to disciple our student-athletes and serve their families, and who are knowledgeable in their sport.

School athletics are an integral part of each student's overall education and development and coaches shall assist each student-athlete toward developing his or her full potential. Mentoring, development, care and safety of our student-athletes are the most important responsibilities of our coaches.

### **CODE OF CONDUCT**

Because the behavior of a team can reflect the coach's own manner, attitudes, temperament and approach to athletics, coaches shall conduct themselves in a way, both on and off the court, that brings positive recognition to God, Regents, their team, their sport and themselves. Instruction and correction, while demanding and critical, should be positive. Coaches should never embarrass or demean student-athletes. Coaches should not demean athletes for participating in other sports. The same high standards of preparation, organization, dedication, hard work, self-discipline, sacrifice, and Godly behavior that coaches expect of players should be the same that is expected of coaches. Coaches shall model good sportsmanship and respectful attitudes toward officials and opposing teams in victory and defeat. Coaches should encourage student in the sport of God's gifting to the student and not pressure a student into a particular sport.

All coaches are expected to know the rules of the game and league policies in which we participate- MAIS handbook.

No coach or athlete shall have any indirect communication via texting, e-mail or any social networking site with one another. If a phone call or text is needed, it must be between a parent and a coach.

All coaches will have a background check conducted before the start of their season.

### **COMMUNICATION**

Coaches must communicate with student athletes and parents on a regular basis. Coaches must communicate to parents at the start of the season the expected commitment to the team and the anticipated practice and game schedule, the communication needs to be in writing. Weekly communication from the head coach to parents is encouraged.

### **TIME COMMITMENT**

We know how much time and effort goes into coaching and how demanding the time commitment is. We truly appreciate all the hours that our coaches put in with what

sometimes can feel like little reward. We also know that even though that the reward can seem little it is in reality exponentially huge because of the impact they are making on our young men and women.

Coaches are expected to attend all scheduled events (practices and games). Coaches should arrive to practices and games early enough to set up equipment and the facility, and to greet their team. Coaches should not leave the facility of a game or event until all student-athletes have left the premises, or have made prior arrangements with parents. Coaches will follow the practice time requirements located under time commitments in the student-athlete section.

## **TRAINING**

All Regents coaches will be provided with opportunities for growth. (i.e.: clinics, workshops, seminars, evaluations, coaching books and videos)

## **EVALUATION**

Prior to beginning of each sports season, the Athletic Director and Head Coach will discuss what is expected of the coach and his team. The results of this meeting shall be put in writing and used for the final evaluation of the coach at the end of the sport's season. Items to be considered include, but are not limited to: communication with parents, school support, athletic director support, improvement of team and other items brought up at the beginning of the season.

## 2011-2012 PARENT AND STUDENT ACKNOWLEDGEMENT

I have received, read and understand the Athletic Handbook for the 2011-2012 school year and I agree to abide by its rules and guidelines.

Please PRINT Name:

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Student-Athlete

---

Grade

Please SIGN:

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Student-Athlete

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Date

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Parent

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Date

2011-2012 ATHLETIC RELEASE WAIVER

*To Be Completed by Parent/Guardian:*

\_\_\_\_\_ is the  
Parent/legal guardian of \_\_\_\_\_ .

I am aware that trying out, practicing, playing or any other form of participation in any sport or athletic activity, can be dangerous and that participation involves **MANY RISKS OF INJURY**.

Because of the risks described above, I recognize the importance of my child/ward listening to and following all the coaches' instructions and warnings regarding playing techniques, training methods, rules of the sport and other team rules. I also recognize the importance of my child reading and adhering to all written instructions and written warnings regarding playing techniques, training methods, rules of the sport and other team rules. I therefore expressly agree to direct and to encourage my child to obey all of the coach's instructions and warning.

In consideration of Regents School of Oxford permitting my child to try out, practice, play or in any other way participate in athletics, and to engage in all activities related to participation, including practicing, conditioning, playing and traveling,

**I HEREBY ACKNOWLEDGE THAT MY CHILD/WARD ASSUMES ALL RISKS AND HAZARDS ASSOCIATED WITH SUCH PARTICIPATION, I EXPRESSLY CONSENT TO SUCH PARTICIPATION BY MY CHILD/WARD AND I AGREE TO WAIVE ALL CLAIMS OF WHATEVER**

**NATURE**, fully and finally, now and forever, for my child, for myself, my estate, my heirs, my administrators, my executors, my assignees, my successors, and for all members of my family, and to release, exonerate, discharge and hold harmless Regents School of Oxford, their trustees, officers, agents, servants, employees, their athletic staffs, all coaches, assistant coaches, physical education teachers, athletic trainers, from any and all liability, claims, causes of action or demands arising out of any injuries to my child/ward or to his

or her property, or losses of any kind and nature whatsoever, which may result from or occur in connection with his or her participation in Regents School of Oxford athletics.

I do hereby request, authorize, and consent to accepting emergency care / treatment or first aid for my child as may be needed (including AED if available) by any available physician or licensed health care practitioner, any medical treatment facility/hospital, coach, parent, or “good Samaritan” and do hereby agree to indemnify and save harmless these individuals, and Regents School of Oxford from any claim by any person whatsoever on account of such care and treatment for my child. If, in the judgment of the adult leader in charge, the registered player needs emergency medical treatment as a result of any injury or sickness while under the care or control of Regents School of Oxford, I do hereby request, authorize, and consent to such emergency treatment as may need to be given to my child by any physician, licensed health care practitioner, or any medical treatment facility/hospital, **specifically including the use of an AED**; and I do hereby agree to indemnify and save harmless the adult leader in charge and Regents School of Oxford from any claim by any person whatsoever on account of such care and treatment of my child. If time permits, we prefer that the adult in charge use the following physician to provide such care:

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(Physician Name) (Phone)

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*Parent/Guardian Signature*

*Date*